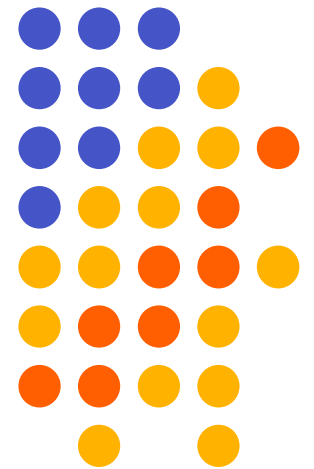
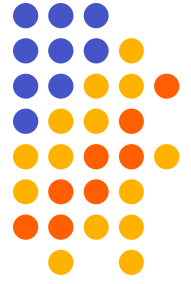


Mental Health And Wellness

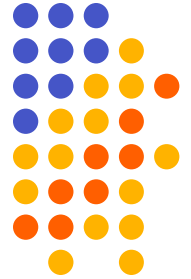
Platinum Focus





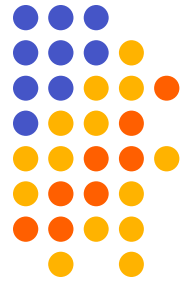
The Criteria

- #1: Discuss your district or School Medical Recommendations Policy with teachers, faculty, and staff. If your school or district does not have a policy one must be written.
- #2: Identify ways your school can promote mental health and wellness by improving students self-worth and stress management skills
- #3: Provide, teachers, faculty, and staff resources about mental health and how they can recognize mental health concerns in students



Mental Health #1

Discuss your district or School Medical Recommendations Policy with teachers, faculty, and staff. If your school or district does not have a policy create one must be written.



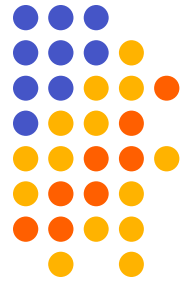
Mental Health #1 Resources

- Utah Administrative Code 53A-11-605
 - <http://www.schools.utah.gov/LAW/Papers%20of%20Interest%20Files/MedicalRecommendationsInfoforEmployees.pdf>
- Utah State Office of Education
 - www.usoe.k12.ut.us

Mental Health #2



Identify ways your school can promote mental health and wellness by improving student self-worth and stress management skills



Mental Health #2 Ideas

- Teach Prevention Dimensions in each grade
 - www.utahpd.org/curriculum.htm
- Mental Health components of the Utah State Office of Education Health Education core curriculum
 - <http://www.uen.org/core/health>
- Newsletters
- Mind-Mapping Activity

School



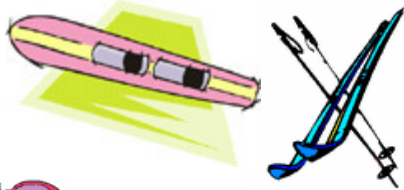
Family



13 Nephews
3 Nieces



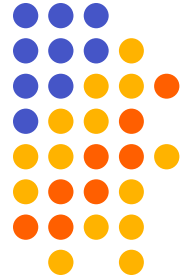
Physical Activity



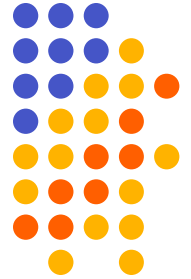
Food



Mental Health #3

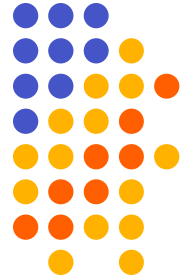


Provide, teachers, faculty, and staff resources about mental health and how they can recognize mental health concerns in students



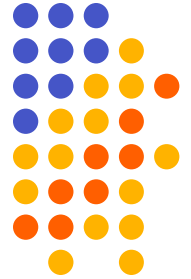
Mental Health #3 Ideas

- Ideas
 - National Mental Health Month (May)
 - Fact sheets
 - Provide resources
 - NAMI Utah 877-230-6264



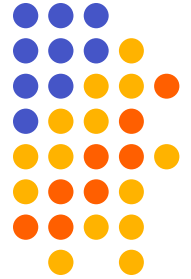
Following Years

- Schools will receive
 - Recognition
 - Resources through listserv
 - Eligible for GMS of the Month
- Schools will not receive
 - Mentor
 - Awards Money



Following Years

- Choose any of the Focus Areas
 - Asthma
 - Diabetes
 - Environmental Quality
 - Fruits and Vegetables Galore
 - Immunization
 - Oral Health
 - Sun Safety
 - Violence and Injury Prevention



Questions

- GMS@utah.gov
- 801-538-6240
- www.hearthighway.org/gms
 - Guide
 - Presentations
 - Webinar